

Experiential Exercise

You as a High Performer

Interview Guide

Part One:

1. Ask:

“Please describe for me three times in your life that you felt you were performing at your absolute best. Pick a time from work, from home, and from an activity that interests you such as a sport. Describe these times in great detail about how you felt, thought, and acted. Do not be humble.”

2. Take Brief Notes:

Work:

Home:

Activity: _____

3. Review your notes with your partner for accuracy.
4. Look for common themes in your partner's stories.
5. Phrase them as provocative propositions.
6. Share them with the group.

Part Two:

Write down an “oxymoron” that best describes you.